

## CLAIMS

What is claimed is:

1. A method for a plurality of user equipment mobile terminals (UEs) which optimize radio resource utilization and adjust data rates, the method comprising:
  - (a) each UE receiving a request for a channel quality measurement;
  - (b) each UE transmitting the results of the channel quality measurement;
  - (c) allocating radio resources used by the UEs in response to the results of the channel quality measurements; and
  - (d) each UE receiving a communication signal in accordance with said allocation.
2. The method of claim 1 wherein the communication signal indicates a particular coding rate, modulation type and at least one allocated slot.
3. The method of claim 1 wherein the results of the channel quality measurements are used to determine which of a plurality of time slots are to be used.
4. The method of claim 1 wherein step (c) includes allocating time slots responsive to the results of the channel quality measurements.
5. The method of claim 4 wherein each of the UEs prepare for reception of downlink data in response to said allocation.
6. A plurality of user equipment mobile terminals (UEs) which optimize radio resource utilization and adjust data rates, each UE comprising:
  - (a) means to receive a request for a channel quality measurement;
  - (b) means to report the quality of a downlink channel used by the UE to a base station;

(c) means to respond to receipt of the channel allocation and modulation/coding rate information to prepare for reception of downlink data according to specified channel allocation and modulation/coding rate; and

(d) means to receive the modulation/coding rate.

7. A plurality of user equipment mobile terminals (UEs) which optimize radio resource utilization and adjust data rates, each UE comprising:

(a) means for receiving a request for a downlink channel quality measurement;

(b) means for measuring and reporting the results of the downlink channel quality measurement;

(c) means for receiving a downlink physical channel allocation signal;

(d) means for establishing transmission parameters based on the downlink physical channel allocation signal; and

(e) means for receiving blocks of downlink data in accordance with the established transmission parameters.

8. The UEs of claim 7 wherein the allocation signal indicates a particular coding rate, modulation type and at least one allocated slot.

9. A method for a plurality of user equipment mobile terminals (UEs) to optimize radio resource utilization and adjust data rates, the method comprising:

(a) receiving a request for a downlink channel quality measurement;

(b) measuring and reporting the results of the downlink channel quality measurement;

(c) receiving a downlink physical channel allocation signal;

(d) establishing transmission parameters based on the downlink physical channel allocation signal; and

(e) receiving blocks of downlink data in accordance with the established transmission parameters.

10. The method of claim 9 wherein the allocation signal indicates a particular coding rate, modulation type and at least one allocated slot.